



## An Eye On Your Health: Awareness

# For overall wellness, don't overlook your annual EYE EXAM.

Healthy vision is one of the greatest gifts we have. That's why Blue Cross and Blue Shield of Texas brings you vision benefits that deliver more.

Eye exams play an important role in your overall wellness, and you should get one every year for optimal vision health. Besides measuring your vision, regular eye exams can help identify early signs of certain chronic health conditions, including high blood pressure, diabetes, heart disease and high cholesterol.<sup>1</sup> Annual eye exams enable your doctor to monitor the health of your eyes and track changes that can occur from year to year.

### Vision insights

Individuals at every age can benefit from regular eye care:

- **Babies and toddlers:** The American Optometric Association recommends babies receive their first eye exam between the ages of 6 and 12 months.<sup>2</sup>
- **School-age children:** Up to 25% of school-age children may have vision problems that can affect learning.<sup>3</sup>
- **Adults:** Approximately 202.6 million adults in the United States alone need vision correction.<sup>3</sup>
- **Seniors:** Serious eye conditions such as glaucoma and cataracts are most prevalent in individuals over the age of 60.<sup>4</sup>

Regular exams are a simple, noninvasive tool to help identify early signs of serious and chronic health conditions. And because early detection is key for treatment, regular eye examinations play a vital role in a healthy life and in helping you see life to the fullest.

For benefit questions, contact the Customer Care Center by calling **855-556-8796**. Hours of live operation are Monday through Saturday from 6:30 a.m. to 10 p.m. CST and Sunday from 10 a.m. to 7 p.m. CST.

<sup>1</sup>"7 Health Problems Eye Exams Can Detect," YourSightMatters.com, Accessed May 29, 2019. <sup>2</sup>Think About Your Eyes, "Eye Exams for Children," Accessed July 3, 2019. <sup>3</sup>All About Vision, "Vision Problems of School-Age Children," Accessed July 3, 2019. <sup>4</sup>American Optometric Association, "Adult Vision: Over 60 Years of Age," Accessed July 3, 2019.



There is so  
much to see.  
Give your eyes  
a front row  
seat.

#### How do I use my vision benefit? To access your vision benefit:

1. Locate an in-network provider of your choice by calling the Customer Care Center or visiting the provider locator on our website.
2. Schedule an appointment. Many of our providers also offer walk-in appointments, in which case an appointment is not necessary.
3. When you arrive, identify yourself as a Blue Cross and Blue Shield of Texas vision benefits member or present your ID card to receive services.
4. Your in-network provider will take care of the rest—making it a breeze.

#### Can I schedule an appointment online?

**Yes!** Many providers have the option to schedule appointments online. The appointment scheduling tool is accessed through the vision benefits provider locator. Just go to [eyemedvisioncare.com/bcbstxvis](http://eyemedvisioncare.com/bcbstxvis), enter your ZIP code, find a provider and click the “Schedule an Eye Exam Online” link.

It's that simple.

#### Will I be able to choose any eyewear product available at a Blue Cross and Blue Shield of Texas provider location?

**Yes!** With Blue Cross and Blue Shield of Texas vision benefits, you can apply your benefit toward any available frame or brand of contact lenses that fit your vision needs and lifestyle. Because we know you not only want to see better—you want to feel and look good, too.

#### Can I purchase two pair of eyeglasses and/or eyeglasses and contact lenses in the same benefit period?

**Yes!** You are eligible for additional discounts once the benefit has been used. We offer the largest additional pair discount in the industry (40%), which can be used at any network location at any time throughout the plan year.

#### Does Blue Cross and Blue Shield of Texas offer additional discounts beyond the benefit plan?

**Yes!** You will have the following additional savings with a funded vision benefit:

- 40% off additional complete pairs of glasses
- 20% off any remaining frame balance
- 15% off any remaining conventional contact lens balance
- 20% off non-covered items, including non-prescription sunglasses, accessories and lens cleaner
- 15% off the standard price or 5% off any promotional price of LASIK or PRK services



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